

# G Goal Selection “Where am I going?”

Scoring levels	Choosing Your Destination	Choosing Goals That Help Others / Community	Breaking Down Long Term Goals	Identifying Relations Among Goals
5 I work on this all the time and I'm really good at it.	I always choose a small number of important long-term goals. These goals might be tough, but I always think I can meet them.	A lot of the time, I choose goals that help me and also help my community.	I am able to break down my big goal into small steps that I can do. I also plan for possible problems in meeting my goal and how I might deal with them.	I always choose goals that are going to help me in a couple different ways, so my effort is better used.
4 I'm pretty good at it, but some parts are hard for me.	About half of the time, I choose a small number of important long-term goals. These goals might be tough, but I usually think I can meet them. Sometimes, I work on too many goals at once.	About half of the time, I choose goals that are going to help me and help my community. My other goals are mostly about helping myself.	About half the time, I am able to break down my big goal into small steps that I feel I can do. Sometimes, I forget to think of possible problems in meeting my goal.	About half the time, I pick goals that are going to help me in a couple different ways. Sometimes, I focus too much on one part of my life.
3 I really want to get better at this, and I need my mentor's help.	I want to get better at choosing a few long-term goals. I need my mentor to help me choose these goals.	I want to get better at choosing goals that help both me and my community. I need my mentor's help to see ways that I can help my community.	I want to get better at breaking my big goal into small steps that I can do. I need my mentor to help me think of these small steps and of possible problems in meeting my goal.	I want to get better at choosing goals that are going to help me in a couple different ways. I need my mentor to point out the relations among my goals.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't think it's important to have long-term goals yet. If my mentor pushes me to think about long-term goals, I'll work on them.	Right now, I think it's important to choose goals that will help me. If my mentor pushes me, I will try to choose goals that help the community, too.	I don't think it's important to break down my big goal into small steps. I will think about the small steps to my goal if my mentor pushes me.	I don't mind when my goals only help me in one specific way. If my mentor pushes me, I'll try to pick goals that will help me in a couple different ways.
1 I don't do this.	I don't focus on important long-term goals in my life right now. I'm more focused on short-term things.	Right now, I only choose goals that help me.	I can accomplish my big goal without breaking it into small steps. I'll figure it all out as it happens.	I pick goals that focus on only helping one part of my life at a time.

# P Pursuit of Strategies *“How do I get there?”*

Scoring levels	Sticking to a Plan	Seizing the Moment	Developing Strategies	Showing Persistent Effort	Checking Your Progress
5 I work on this all the time and I'm really good at it.	When I choose a goal, I always make a step-by-step plan to meet it. After I make this plan, I stick to it, and use my plan to help make daily choices. I always try to stick to this plan as closely as possible.	I always take advantage of opportunities towards meeting my goal. I know how to find these opportunities, and I know when to use them.	I'm always finding and practicing useful strategies to meet my goal.	I put in my full effort, all the time, to meet my goals.	I always check to see if my strategies are helping me meet my goals. If they aren't, I might think about changing my strategies.
4 I'm pretty good at it, but some parts are hard for me.	About half the times I choose a goal, I make a step-by-step plan about how I'm going to meet it. Sometimes, it's too hard for me to stick to the plan, so I don't.	About half the time, I take advantage of opportunities towards meeting my goal. Sometimes I have trouble finding these opportunities, and other times I'm afraid to use them.	About half the time, I'll practice my strategies to help meet my goal. Sometimes, I'm also able to find new strategies that will help me.	About half the time, I really work hard to meet my goals. Sometimes I'll take a break or get distracted.	About half the time, I'll check to see if my strategies are helping me meet my goal. Sometimes, I'll forget to check how I'm doing and miss changes I should have made.
3 I really want to get better at this, and I need my mentor's help.	I want to use a step-by-step plan will help me meet my goal, but I need my mentor to help me make this plan and stick to it.	I want to find and use the best opportunities towards meeting my goal. I need my mentor to point them out to me and tell me how to use them.	I want to keep looking for new strategies and practicing the ones I already have. I need my mentor's help to point out useful strategies to adopt and practice more.	I want to put a lot of effort into meeting my goal, but I need my mentor to keep me working hard because I often get distracted.	I want to get better at checking to see if my strategies are helping me. I need my mentor to tell me when my strategies are or aren't working.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't really think plans are all that useful to me in meeting my goals. I'll make a plan, but only if my mentor pushes me to do it.	I don't really want to look for new opportunities towards meeting my goal. I'll look for them only if my mentor pushes me to do it.	I think the strategies that I have now are going to be enough to meet my goal. I'll practice them, but only when my mentor pushes me.	I don't think I need to work too hard to meet my goals. I'll put some effort into meeting my goals only if my mentor pushes me.	I think that checking to see if my strategies are working is kind of a waste of time. I'll check my strategies if my mentor pushes me.
1 I don't do this.	I don't make or use plans when I'm trying to meet a goal.	I do not look for opportunities and resources that could help me reach my goal. I use strategies without planning.	I don't practice or look for new strategies to meet my goal.	I do not put any effort into meeting my goals.	I don't ever really check to see if my strategies are working or not.

**DRAFT**

## S Shifting Gears *“When the going gets tough!”*

Scoring levels	Substituting Strategies	Seeking Different Help	Emulating Strategies of Others	Changing goals without feeling bad
5 I work on this all the time and I'm really good at it.	When I'm having trouble meeting my goal, I always figure out ways to change my strategies so I can still meet my goal.	When I'm having trouble, I always ask for help to meet my goal. I ask the people I know or I'll search for someone else who can help.	When I'm having trouble, I often look to role models and other people so I can learn from them and use their strategies to help me meet my goal.	When it looks like I can't meet my goal, I take it as a learning experience and move on. I'll keep thinking about my other long-term goals and look for a goal that feels like a better fit for me.
4 I'm pretty good at it, but some parts are hard for me.	When I'm having trouble meeting my goal, I figure out ways to change my strategies about half the time. Other times, I just try the same strategies again.	When I'm having trouble, I ask for help to meet my goal from the people I know about half the time. Sometimes, I even ask new people for help.	When I'm having trouble, I try to learn from other people to help me meet my goal about half the time. I usually stick to the examples of the same few people.	When it looks like I can't meet my goal, about half the time I can move on and pick a new goal that fits my long term goals. I have trouble moving on sometimes.
3 I really want to get better at this, and I need my mentor's help.	I want to get better at changing my strategies when I'm having trouble meeting my goal, but I need my mentor to show me what strategies aren't working and how to change them.	I want to work on being able to ask for help to meet my goal when I'm having trouble. I need my mentor to remind me that it's OK to ask for help, and to tell me who I can ask for help to meet my goal.	I want to get better at picking out good people to learn from when I'm having trouble meeting my goal. Sometimes I pick the wrong people. My mentor helps me pick better role models.	I want to be able to move on from goals when it looks like I can't meet them. Sometimes, I'll get angry or upset at myself. I need my mentor to help me through these times and help me pick a new goal.
2 I don't think this is important, but I'll try if my mentor makes me.	Most of the time, when I'm having trouble meeting my goal, it's not my fault. I'll change my strategies, but only if my mentor pushes me.	When I'm having trouble, I mostly don't ask for help to meet my goal. I can do things on my own, even if I'm having trouble. I'll ask for help if my mentor pushes me to do it.	When I'm having trouble, I don't think that I need to look to role models for examples of how to meet my goal. I'm my own person, and their lives aren't mine. I'll look to role models, but only if my mentor pushes me.	I do not see the point of moving on from a goal when it looks like I can't meet it. A lot of times, I'll feel angry or upset. I'll try to pick a new goal, but only if my mentor pushes me.
1 I don't do this.	I usually don't change my strategies when I'm having trouble meeting my goal. My way will work eventually.	I don't ever really ask for help, even when I'm having trouble.	I don't use role models to help me meet my goals when I'm having trouble.	I don't give up on the goals I set for myself even when there is no chance I will meet them.

# Competence

Scoring levels	Academic Competence	Cognitive Competence	Social Competence	Emotional Competence	Healthy Habits
5 I work on this all the time and I'm really good at it.	I always work to find ways to help me succeed at school. I'm always looking for more opportunities and activities that will help me in school.	I always enjoy learning new things in my free time and doing things that keep my mind sharp, like crosswords or Sudoku.	I'm very good at knowing how to act in many different situations, such as a job interview or meeting new people.	I know my emotions well, and I can manage them almost all of the time.	Every day, I do things that keep me healthy. For example, I know what food to eat and have a good exercise plan.
4 I'm pretty good at it, but some parts are hard for me.	I look for ways to succeed at school about half the time. Sometimes, it's hard for me to keep going to meetings or practices.	I try to learn new things and do activities that keep my mind sharp in about half of my free time. I usually spend the other half hanging out, watching TV or using the computer.	I'm pretty good at knowing how to act in about half of my usual situations. I still have trouble with a few, like introducing myself to a group, or public speaking.	About half the time, I'm able to know and manage my emotions. Some situations can still be emotionally difficult for me.	About half the time, I do things that keep me healthy. I sometimes struggle to stay on track, though.
3 I really want to get better at this, and I need my mentor's help.	I want to succeed in my school work and join some school groups. I need my mentor to help me pick the right groups and encourage me in some classes.	I want to find activities I can do at home that will teach me new things and keep my mind sharp. I need my mentor to show me some activities and remind me to do them.	I want to improve my social skills in many different areas. I need my mentor to practice with me, and give me opportunities to try out new skills.	I want to do a better job of knowing and managing my emotions. I need my mentor's help to point out my emotions and to give me strategies to manage them.	I want to make more healthy choices. For example, I need my mentor to help me find healthy foods and forms of exercise that I enjoy.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't usually join school groups because they can be a waste of time, or they're just not for me. If my mentor pushes me to participate in activities and work on my schoolwork, I will.	I'm usually just hanging out after school. If my mentor pushes me, I'll do something that might keep my mind sharp.	I have trouble knowing how to act in some situations, like a job interview or meeting new people. I'll work on it, but only if my mentor pushes me.	I'm not able to manage my emotions a lot of the time. I'll try to calm down, or see things a different way, if my mentor pushes me.	I don't really think about decisions that will affect my health. I'll try to make healthy choices if my mentor pushes me.
1 I don't do this.	I don't try to improve my success at school or join or participate in any school groups.	I don't like to spend my free time learning new things or doing things that keep my mind sharp, like Sudoku or crosswords.	I don't relate well to people. I can get by without good social skills.	I don't manage my emotions well at all. I have emotional outbursts a lot.	I engage in unsafe behaviors and do not make healthy choices.

# Confidence

Scoring levels	Overall Confidence	Confidence in School	Confidence in Physical Appearance	Confidence in Peer Acceptance	Confidence in an Area of Interest
5 I work on this all the time and I'm really good at it.	I'm always confident that I will be able to do the things I need to do. I have confidence because I've been successful before.	I'm confident that I'm going to do well in school in pretty much every subject.	I'm confident in the way I look almost all the time. I'm healthy, and I keep myself clean.	I'm confident that I can make friends and keep those friends. Most people like me.	I'm confident that I'm very good in an activity I like, and that I can learn new things in that activity quickly.
4 I'm pretty good at it, but some parts are hard for me.	I'm confident in myself about half of the time, but sometimes I don't feel confident.	I'm confident that I'm going to do well in about half of my subjects in school. Some of the classes are going to be really hard for me.	About half the time, I'm confident in the way I look. Sometimes I feel less confident when I'm in certain situations.	About half the time, I'm confident that I can make and keep friends. There are some times, or with some people, when this is harder.	I'm confident that I'm pretty good in an activity I like about half the time. There are some times, though, in which I don't feel very confident in that activity.
3 I really want to get better at this, and I need my mentor's help.	I want to be more confident in myself, but I need my mentor to help support me and tell me about my strengths.	I want to be confident that I'm going to do well in school, but I need my mentor to help point out where I'm doing well.	I want to be confident about the way I look, but I need my mentor to support me and help me notice my good qualities.	I want to be confident that I can make and keep friends. I need my mentor to show me the best ways to do this.	I want to be confident in an activity I like. I need my mentor's help to build up my confidence to do well in this activity.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't think how you feel about yourself is important. Sometimes, if my mentor pushes me, I'll point out some of my good points.	I'm just not very good at school stuff. Sometimes, if my mentor pushes me, I'll trust some of my abilities to do well in school.	How I look isn't that important to me. I'll start to see some good things about myself if my mentor pushes me.	Making friends isn't too important to me. If my mentor pushes me, I can name some friends I have and some new people I've talked to recently.	I'm not very talented at anything in particular. I'll try to identify a talent if my mentor really pushes me, but I don't think there's a point.
1 I don't do this.	I just can't do anything right.	I can't do well in school no matter what I do.	I don't like the way I look and there is nothing I can do about it.	I don't think I can ever make or keep friends.	I'm just not good at anything in particular no matter how hard I try.

# Caring

Scoring levels	Sympathy	Empathy	Caring Actions	Promoting Social Justice
5 I work on this all the time and I'm really good at it.	I'm always concerned for others and offer support when they are hurt or upset, no matter the reason.	I'm always able to put myself in the other person's shoes. I can understand why people feel the way they do.	I always try to help other people and show that I care about them by being kind.	I'm always working to make things more fair in my community. I work to make things equal and right.
4 I'm pretty good at it, but some parts are hard for me.	Half of the time, I am concerned for others and offer support when they are hurt or upset. Sometimes, it's hard to feel bad for some people.	Half of the time, I'm able to put myself in other people's shoes. Some times, I just don't get why people feel the way they do.	Half of the time, I help other people and show that I care by being kind. It's hard for me to be this way all the time and with everybody.	Half of the time, I'm working to make things more fair in my community. I work to make things equal and right, but I have trouble staying focused.
3 I really want to get better at this, and I need my mentor's help.	I want to be able to show concern for others and offer support when they are hurt or upset, but I need my mentor to show me how to do this.	I want to be better at putting myself in other people's shoes. My mentor needs to remind me to think about how other people feel and why they feel that way.	I want to be better at helping other people and caring for them. I need my mentor to show me how I can be more helpful and kind.	I want to help make things more fair in my community, but I need my mentor's help to show me where to start.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't show too much concern or offer support for others who are hurt or upset. It's probably their fault. I'll try to support them if my mentor pushes me.	It's really hard for me to put myself in someone else's shoes. How they feel doesn't make sense to me. If my mentor pushes me to think about their feelings, I'll try.	It's not really important to me to help others or to be kind to them. I'll try, but only if my mentor pushes me.	Right now, I'm not focused on making my community more fair. I'll work on it, but only if my mentor pushes me.
1 I don't do this.	I'm not concerned for others, nor do I offer support to them when they are hurt or sad.	I don't really understand other people's emotions at all.	I don't help other people or try to be kind to them.	I don't work to make things more fair in my community.

# Character

Scoring levels	Moral Compass	Integrity	Equal Treatment of Others
5 I work on this all the time and I'm really good at it.	No matter what is happening, I always try to do what's right, even if it makes things harder for me. I always help others to do what's right.	I know what the right and wrong choices are in almost every situation. I always think about my actions before I do them, to make sure that I'm making the right choices.	I always treat people fairly, even if they are different from me and even if it's unpopular. I will always stand up for people who aren't being treated fairly.
4 I'm pretty good at it, but some parts are hard for me.	Half of the time, I try to do what's right. Sometimes, when the right choice might make things harder for me, I have trouble choosing it.	In half of the situations I face, I know what the right and wrong choices are. About half the time, I think about whether I'm making the right choices. Other times, I just do what feels good.	In half of the situations I face, I treat people fairly, even if they are different from me. Sometimes, when it's unpopular or when I don't understand the other people, I have trouble treating them fairly.
3 I really want to get better at this, and I need my mentor's help.	I want to be able to do what's right all of the time. I need my mentor to help show me what the right choices are sometimes and where I could do better.	I want to do a better job of thinking about whether or not I'm making the right choice before I act. I need my mentor to tell me what the right and wrong choices are sometimes.	I want to be able to treat other people fairly, but sometimes it's hard for me to understand others, or know when they aren't being treated fairly. I need my mentor to show me when this happens.
2 I don't think this is important, but I'll try if my mentor makes me.	Doing what's right isn't really that important to me right now – I just need to make sure I'm happy. I'll try to do what's right only if my mentor pushes me.	Most of the time, I just do what feels good. If my mentor pushes me, I'll think about my actions before I do them and make the right choice.	Sometimes, I think it's alright to treat people from some groups unfairly. They probably deserve whatever is happening to them. I'll try to treat them fairly, but only when my mentor pushes me.
1 I don't do this.	I usually don't feel guilt or shame for my actions. I do things that harm others.	I usually just do what feels good.	I usually don't treat everyone equally and fairly.

# Connection

Scoring levels	Connection with Family	Connection with Friends	Connection with Community
5 I work on this all the time and I'm really good at it.	I am always working to have a healthy relationship with my family. I'm able to talk to everyone in my family.	I am always working to have a healthy relationship with my friends. I'm able to talk to all of my friends, and we trust each other and care about each other.	I always work to become closer to my community. I belong to many groups and sometimes I'm a leader in helping my community.
4 I'm pretty good at it, but some parts are hard for me.	Half of the time, I work to have a healthy relationship with my family. I have some problems with some family members, but usually these aren't too serious.	Half of the time, I work to have a healthy relationship with my friends. I have some problems with some friends, but usually these aren't too serious.	Half of the time, I work to have a closer relationship with my community. I do have some trouble finding groups that will listen to me or groups that I think are interesting.
3 I really want to get better at this, and I need my mentor's help.	I want to have healthy relationships with my family members, but I have some problems with some of them. I need my mentor to give me ideas about how to talk to them.	I want to have healthy relationships with my friends, but I have some problems with some of them. I need my mentor to give me ideas about how to talk to them.	I want to have a stronger connection to my community by being a part of groups and being a leader. I need my mentor to show me these groups and get me started.
2 I don't think this is important, but I'll try if my mentor makes me.	I don't think that my relationships with my family members are going to get any better. We get in a lot of fights. I'll work to make it better only if my mentor pushes me.	I don't have many friends, but I get in a lot of fights with the friends I have. I'll work to make it better or meet new people only if my mentor pushes me.	I'm not really an important part of my community. No one really knows me. I'll try to become part of the community if my mentor pushes me.
1 I don't do this.	I'm not going to have healthy relationships with my family members. We have serious issues.	I'm not going to have healthy relationships with my peers. We have serious issues, and I'm alone most of the time.	I don't really want to be a part of my community. I'm more focused on myself right now.



# Contribution

Scoring levels	Service to community	Leadership Roles	Mentoring Peers	Sense of Positive Purpose
5 I work on this all the time and I'm really good at it.	Serving the community is an important part of my life, and I'm always involved in projects to help the community.	I'm almost always a leader in my groups. It's important to me to be a good leader and role model to people.	I'm always looking for ways to be a mentor or good role model to my friends or to younger kids. I am a mentor or good role model to some people.	It's important to me to give something back to the community. I want to keep doing this in the future too, and I have real plans about what I'll do.
4 I'm pretty good at it, but some parts are hard for me.	Half of the time, I take part in some service group, but sometimes it's hard for me to fit it in my schedule.	Half the time, I'm a leader in my groups. Sometimes, it's hard for me to make some choices as a leader.	Half the time, I can be a good role model or mentor. Sometimes, it's hard for me to be a good example for my friends or younger kids.	Half of the time, it's important to me to give back to the community. I don't have a really clear plan about how I'm going to do this in the future.
3 I really want to get better at this, and I need my mentor's help.	I want to serve the community more, but I need my mentor or my school to give me these opportunities.	I want to be a leader more often. I need my mentor's help or advice about how to become a leader.	I want to be a mentor or role model to my friends or younger kids, but I don't know how to start. I need my mentor's help to show me kids who might need help.	I want to give back to the community, now and in the future, but I need my mentor to show me what to do.
2 I don't think this is important, but I'll try if my mentor makes me.	I think that serving the community is sometimes a waste of time. I'll do it if my mentor or school is making me do it.	I'm just not a leader. When I try, I usually fail. I'll work to be a better leader, if my mentor pushes me.	I don't think people are going to listen to me, even younger kids. If my mentor pushes me, I'll try to be an example to someone.	It's not really important to me to give back to the community. I'll work to give back, but only if my mentor pushes me.
1 I don't do this.	I don't do any service in my community.	I usually don't lead. When I do, I sometimes lead others to do the wrong things.	I'm not a role model or mentor to my friends or younger kids.	Right now, I'm focused on me. I don't give back to the community.